



Mohawk Hudson River Marathon

Meaghan Arzberger

After making practically every mistake in the book during my first marathon (starting out too fast, over-training, not hydrating, not eating right, etc.), I decided that my second marathon would be about pacing and relaxation on the run. I could not have asked for a more perfect day and course to make that work. The Mohawk Hudson River Marathon in Albany turned out to be the ideal marathon learning experience for me. The day was cool, the course was mostly downhill, and the river and fall leaves were beautiful on 18 miles of bike path.

As all marathoners know, marathon

training is physically demanding but more psychologically demanding. I had definitely over-trained for my first marathon and felt completely burned out mentally. After what I considered a complete failure of a first marathon, I knew that rest was absolutely key to successful marathon training. For the Mohawk Hudson River Marathon I usually cross-trained about twice a week, and the program paid off. Not only did my legs feel more rested, the cross training saved me from going insane!

I know that I have more lessons to learn about the marathon, but at least I feel like I have come a long way from my first. I

did not start off at a seven minute mile pace this time! I stayed relaxed and kept a pretty steady pace. I feel like this marathon has helped prepare me to take on the next step in the marathon: racing! I now feel like I have the knowledge about training, rest and pacing to step up my game. If you happen to see me out relaxing and resting, please know that it is simply because I am preparing to race a marathon!

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History of the Art Tudhope 10K

The race was held on a very windy and cold morning on October 10th, and attended by one of the La Chute Runners. It was a hilly and certified course with 2 miles of hard-packed dirt road. It was an extremely competitive race with 8 runners exceed the USATF time standard for national ranking. The overall female winner was Suzanne Beste, Burlington, 43, 42:26, and the overall male was Eric Barr, Harrisville, NY, 36:14.

The Art Tudhope 10K is one of the oldest races in Vermont. It was started in 1971 by Larry Kimball. The race was to honor former UVM hall of famer Colonel Arthur Tudhope. He was very active in local running and was a teacher and coach at the Essex Junction High School (now ADL middle school). The race started as a 5K cross country run at the ADL school. It then

migrated further out in Essex to Trollheim for a year before moving to Shelburne at the site of then race director Charlie Kellogg and became 10K. Later it moved again to Shelburne Beach.

The turn around was moved so that runners went to the covered bridge at Charlotte Beach.

From 2000 until 2004 the race was called the "Apple Harvest 10K" because of the races apple themes - it runs through apple orchards during apple season and often gives out apple pies and cider as prizes. For 2005 the name was changed back to "Art Tudhope 10K" to further honor Art Tudhope's contributions to the running community.



Age Group Records

Age	Year	Male	Time	Year	Female	Time
20-29	2009	Kyle Baitz	40:22	2009	Amy Barr	43:00
30-39	2009	Eric Barr	36:14	2009	Danielle Gallant	47:19
40-49	2009	Joe Noonan	36:51	2009	Suzanne Beste	42:26
50-59	2009	Jim Miller	36:51	2009	Ruth Blauwikel	49:41
60-69	2009	Chuck Arnold	40:44	2009	Vera Nichols	63:22
70-79	2009	John Pelton	47:11			

Plattsburgh Half Marathon

The City of Plattsburgh will consider hosting a major road race next spring, reports the Press Republican.

On the table is a plan to host a 13.1-mile half-marathon through the streets of the city Sunday, April 18.

The application fee for the race would be \$40, and a portion of the revenue would go to pay the city for overtime costs for City Police, Public Works and Emergency Services staff.

The race course would begin on U.S. Oval on the former Plattsburgh Air Force Base and wind its way south onto the New Base area and back up to the Center City.

It would then head into the city's West End and then to the North End before returning to the Oval for the finish.

The race would begin at 8 a.m. and be completed by 11 a.m.

Mohawk Byway Duathlon

The Seventh Annual Mohawk Towpath Byway Duathlon was held on a cold and cloudy Sunday, October 18, 2009 at Krause's Grove in Halfmoon. There were a total 85 participants in the individual and team events braving the dire predictions of rain and snow showers with an additional 5 youth in a kick off fun event. At the start the temperature was 37 degrees.

The start/finish area was at a restaurant/recreation area that was closed for the season and next to the Mohawk River. There were bike racks and the event was "chip" timed. The run was a 2.2 mile loop with a good hill thrown in to keep things honest. The bike was 16 miles with a dozen 90 degree turns. Some of them were a left at the end of a down hill. The bike course had 2 flat sections, a steep climb, a gradual one, and rolling hills. Fun bike! With a 9 AM start, there was little traffic on the course. There were people stationed at every corner. After the bike leg, competitors did the run again.

Below is a GPS produced graph. The 2 transitions are clear. The second one was quicker.

Results can be found here:

<http://www.finishright.com/multi/2009/moduo.htm>



LCRRc

Running Clubs

La Chute Road Runners
Adirondack Runners
Albany Running Exchange
Hudson Mohawk Runners
Northern Lights
Saratoga Stryders

Links

gmap.com
Results ARE
Cool Running
Membership PDF
RunningAHEAD



Maine Half Marathon

Place No.	First Name	Last Name	GENDER		DIV		Town	St	Cou	Guntime	Pace	Nettime
			Ag Plc /Tot	S Plc/Tot	Div	Div						
771	2444	David	63	457/754	M	15/41	M6064	TICONDEROGA	NY	1:59:35	9:08	1:58:49
791	2258	Jim	65	466/754	M	9/15	M6569	TICONDEROGA	NY	2:00:10	9:10	1:59:24

Maine Marathon

Place No.	Name	Last Name	GENDER		DIV		Town	St	Cou	Guntime	Pace	Nettime
			Ag Plc /Tot	S Plc/Tot	Div	Div						
242	147	David	44	189/517	M	34/74	M4044	TICONDEROGA	NY	3:47:11	8:40	3:46:36

Syracuse Festival of Races

PLACE	NAME	AGE	PLACE IN	AGEGROUP	GUN	GUN	NET	NET	RESIDENCE	ST	SPLIT	
											TIME	PACE
157	Jim Cunningham	26	25/61	M20-29	19:10	6:10	19:07	6:09	Ithaca	NY	9:27	9:40

Hudson Mohawk Marathon

***** UNOFFICIAL RESULTS (Sorted by GUN time) *****

Place	Bib	Name	Age	S	City	St	1st Hal	2nd Hal	Nettime	Guntime	Pace
549	32	Meaghan Arzberger	24	F	Kennebunk	ME	1:59:20	2:20:54	4:19:56	4:20:13.5	9:56

Marine Corps Half Marathon

***** UNOFFICIAL RESULTS *****

*** Results are sorted by GUN time ***

Place	Bib	Name	Age	S	City	St	Nettime	Guntime	Pace
455	1088	Collen A.M. Brown	37	F	Ticonderoga	NY	2:04:50	2:05:29	9:35
757	1429	Flynn Jebb	24	F	Albany	NY	2:46:56	2:47:31	12:48

As of October 19th, we have \$1,867.15 in the La Chute's regular savings account, and in the Scholarship fund we have \$8,873.07.

The time for club members to renew membership is fast approaching. There is a renewal page attached. Fill it out and mail it to Dave Rutkowski.



La Chute Road Runners

Goals

Encourage the youth of the community to get involved in a beneficial activity.
Provide competitive opportunities for its membership.
Provide membership with educational and social opportunities.

Activities

Sponsor the Montcalm Mile, Resolution Run, Heritage Day 10K, Footrace at Fort Ticonderoga
Support a LCRRC Point Championship Series
Hold an annual Awards Banquet
Provide a newsletter
Provide organized training opportunities
Membership in Road Runner's Club of America

Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing there facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all claims or liabilities of any kind arising out of my participation in there club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

Signature _____ Date _____

First: _____ Mi: ____ Last: _____

Address _____

City: _____ State: ____ Zip: _____

Home Phone: _____ Email: _____

Date of Birth: _____ Gender: M F Email: _____



Membership type

Family \$10.00 ()
Individual \$5.00 ()
Student \$2.00 ()

Mail to:

Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883

Checks:

La Chute Road Runners
Newsletters will be emailed

Family Members: